



# NAVSUP P - 476

April - May - June 2001

## NAVY FOOD SERVICE



*(see feature article on page 5)*

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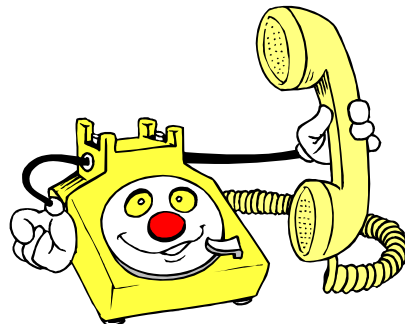
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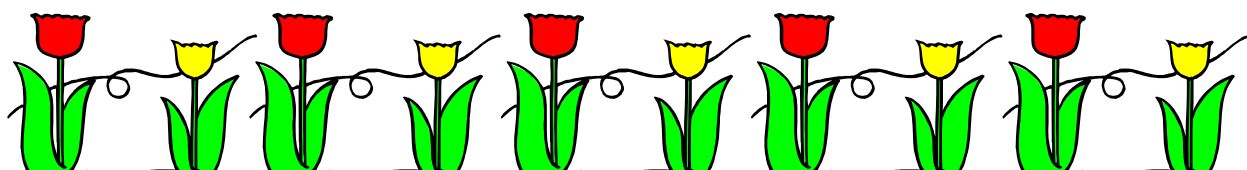
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<b>Norfolk</b>	Norfolk Branch	757-444-2537/3296	564-2537
<b>New London</b>	Sub Base Branch	860-694-3328	694-3328
<b>Mayport</b>	Jacksonville Branch	904-542-2879	942-2879
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## Welcome Aboard!

NAVSUP 51 would like to welcome aboard MSCS(SW) Marilyn Stigall who reported from the USS LEYTE GULF (CG-55) out of Norfolk, Virginia. Senior Chief Stigall relieved MSCS(SW) Robert Winn as the FSM Functional Manager. You can reach her at 717-605-5602, DSN 430-5602 or via email at:

Marilyn\_A\_Stigall@navsup.navy.mil.

At this time, we would also like to bid "Fair Winds and Following Seas" to Senior Chief Winn, who reported to the USS ASHLAND (LSD-48) as the Leading Mess Management Specialist. Senior Chief Winn did an outstanding job for us here at NAVSUP, and we wish him and his family the best of luck in their new assignment. Also, congratulations to him on his recent promotion to CW02!

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### More New Faces at NAVSUP 51...

NAVSUP 51 has two new employees, Ms. Sherry O'Brien, Accountability Auditor, Data Technician (51D), and Ms. Betsy Haldeman, Food Service Operations Policy Analyst (51K).

Sherry can be reached at 717-605-5921/DSN 430-5921 or at email [sherry\\_e\\_o'brien@navsup.navy.mil](mailto:sherry_e_o'brien@navsup.navy.mil). She is here to assist with your financial reports and questions.

Betsy can be reached at 717-605-7443/DSN 430-7443 or at email [elizabeth\\_haldeman@navsup.navy.mil](mailto:elizabeth_haldeman@navsup.navy.mil). Please contact Betsy with your food service policy questions. Many thanks to Beverley Singson for temporarily manning both positions and keeping both jobs flowing smoothly!

## WINDOWS 2000 VERSUS FSM

MSCS(SW/MTS) Marilyn Stigall,  
NAVSUP 51I

We have been receiving numerous calls about personnel downloading the FSM Version 250-02.04.01 into Windows 2000 and the system crashing.

Here is what we highly recommend you use with the FSM programs.

**Software:** MS DOS operating system 6.x or higher Windows NT and Windows 95.

**Hardware:** Any 386/486 equivalent Microcomputer with a minimum of 6MB of extended memory (XMS), a 3-½ inch High Density Floppy Disk drive and a forty megabyte hard disk drive (minimum).

**Printers:** Hewlett Packard (HP) Laser Jet (3,4 Plus, 4/4000 series, 4 and 5 SI, SP), Honeywell PC Matrix and Alps P2000.

FSM performance can be improved by upgrading RAM and using a faster central processing unit (CPU). In addition, a math co-processor (such as a 90387), will speed up processing, especially where number crunching is involved.

All this information was taken from the SPAWAR website, so if you want to look at the website, go to:

[www.scn.spawar.navy.mil](http://www.scn.spawar.navy.mil)

Any questions or concerns, please feel free to contact MSCS(SW/MTS) Marilyn Stigall, COMM 717-605-5602, DSN 430-5602 or email at:

Marilyn\_A\_Stigall@navsup.navy.mil

## Ney Memorial Awards

Acting Navy Secretary Robert B. Pirie, Jr. announced the 2001 winners of the Navy Captain Edward F. Ney Memorial Awards for outstanding food service in the Navy. This year's program celebrates the 44th anniversary of the awards, which were established as a joint effort of the Department of the Navy and the International Food Service Executives Association (IFSEA) to improve and recognize quality food service in the Navy. IFSEA is a food service industry trade association whose members include executive chefs, operators, dietitians, consultants, managers and owners of catering firms, restaurants, hotels, and clubs. This year, food service personnel selected to represent the first place, runner-up afloat and five-star general messes attended the IFSEA 100th anniversary conference to accept the award recognizing their command's achievement. Rear Admiral William Maguire, Vice Commander, Naval Supply Systems Command and Mr. Colin Sendall, Chairman of the Board, presented the awards on 3 March during the Joint Excellence in Military Food Service Awards Ceremony in Anaheim, California. Over 760 industry and military food service people attended the recognition ceremony. On hand to accept awards at this year's awards ceremony were:

### **Five-Star Accredited General Messes**

Assault Craft Unit Five, Camp Pendleton, CA	Fleet Activity, Chinhae, Korea
Naval Magazine, Pearl Harbor, HI	Naval Air Station, North Island, San Diego, CA
Naval Air Station, Point Mugu, CA	Naval Air Station, Whidbey Island, WA
Naval Station, Bremerton, WA	Naval Station, Everett, WA
Naval Station, Newport, RI	

### **Atlantic Fleet**

### **Pacific Fleet**

#### **Submarine**

First Place:	USS KENTUCKY (SSBN 737)(Gold)	USS OHIO (SSBN 726)(Blue)
Runner-Up:	USS SCRANTON (SSN 756)	USS ASHEVILLE (SSN 758)
Honorable Mention:	USS ALBUQUERQUE (SSN 706)	USS JEFFERSON CITY (SSN 759)

#### **Small Afloat**

First Place:	USS GLADIATOR (MCM 11)	USS INGRAHAM (FFG 61)
Runner-Up:	USS UNDERWOOD (FFG 36)	USS GEORGE PHILIP (FFG 12)
Honorable Mention:	USS CARR (FFG 52)	USS MCCLUSKY (FFG 41)

#### **Medium Afloat**

First Place:	USS CARNEY (DDG 64)	USS CHOSIN (CG 65)
Runner-Up:	USS TORTUGA (LSD 46)	USS STETHEM (DDG 63)
Honorable Mention:	USS MONTEREY (CG 61)	USS ANTIETAM (CG 54)

#### **Large Afloat**

First Place:	USS BATAAN (LHD 5)	USS CAMDEN (AOE 2)
Runner-Up:	USS EMORY S LAND (AS 39)	USS CORONADO (AGF 11)
Honorable Mention:	USS SUPPLY (AOE 6)	USS JUNEAU (LPD 10)

#### **Aircraft Carrier**

First Place:	USS HARRY S TRUMAN (CVN 75)	USS CONSTELLATION (CV 64)
Runner-Up:	USS ENTERPRISE (CVN 65)	USS CARL VINSON (CVN 70)







## **DON'T WAIT UNTIL THE LAST MINUTE... IT'S NEVER TOO EARLY TO START!**

by MSCS(SW/AW) Bernice V. Williamson, MTS  
NFMT, NORFOLK

As you sit around, ask yourself these few questions, "Where am I going? What are my plans for the future? What materials do I need for advancement? Where can I locate them?" With all the changes in Navy Food Service and the Mess Management Specialist rating, you really can't afford to wait until the last minute to study. As you have seen over the past couple of advancement cycles, fewer personnel are being advanced. Only the "go-getters" are going to be promoted. If you are a MSSN, it means you can begin your courses for MS3 through MSC now. Begin studying the new **MS TRAINING MANUALS**. If you need to know what to study for the particular pay-grade you're seeking advancement for, read the **MS BIBLIOGRAPHY**. Mess Management Training publications are also available via the web on the CNET homepage ([www.cnet.navy.mil](http://www.cnet.navy.mil)).

**Two books that are available via open purchase through local bookstores are:**

1. American Culinary Federation, The Art and Science of Culinary Preparation (ISBN 0-963-1023-1-1)
2. Culinary Institute of America, The New Professional Chef 6<sup>th</sup> Edition (ISBN 0-442-0196-1-0)



## **Congratulations**

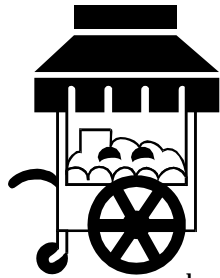
...to NFMT members  
MSCS Jerry Holley and  
MSCS William Lund  
who have been  
promoted to Master  
Chief Mess Manage-  
ment Specialist!

Π Π Π Π Π Π Π



## **NAVY FOOD MANAGEMENT TEAM BREMERTON DETACHMENT HAS MOVED!**

The Navy Food Management Team Bremerton Detachment has moved to Naval Undersea Warfare Center (NUWC), Keyport, WA. They are now located 14 miles north of Bremerton and directly across from Naval Submarine Base, Bangor. The office is located in the Building 35, the old Galley. Please feel free to stop by and visit or contact the office at (360) 396-1382, DSN 744-1382, fax 396-1381 or via e-mail at [NFMT@CNBS.NAVY.MIL](mailto:NFMT@CNBS.NAVY.MIL). Future plans include setting up a training galley, as well as an FSM and seminar training room. The team is fully staffed with an MSCS, MSC, EMC and two Vets to provide the fleet with any training requests they may have.



## NAVAL SHIPBOARD FOODSERVICE EQUIPMENT CATALOG

by CDR(Sel) Karen Al-Koshnaw

Do you know where to find foodservice equipment approved for use on ships? The Naval Shipboard Foodservice Equipment Catalog identifies approved equipment. It can be accessed on-line at:

<http://www.dt.navy.mil/code97/9780/9783hp.html>

Future versions of the web site will have date changes on the affected pages. Pieces of equipment listed in the catalog that are no longer available for purchase will gradually be purged from the web site. They were left on the catalog for Integrated Logistics Support (ILS) information.

Although some equipment in the Forces Afloat Shopping Guide (FASG) is the same, the Naval Shipboard Foodservice Equipment Catalog is the only authority for all shipboard equipment. Exceptions to this are utensils and small consumable appliances. Foodservice equipment listed in the General Services Administration (GSA) catalog is **not** authorized for shipboard use.

Equipment and their manufacturers are selected because of their known conformance to shipboard foodservice equipment standards. Each page provides information relative to procurement, specific features, dimension/size, weight, utility requirements, electrical or steam requirements and

any other additional information needed to properly install the equipment in accordance with all applicable shipboard specifications.

If no entry appears in an equipment field, no information was available and none is expected to be available. If "Pending" appears, no information was available at the time of publication, but will be available at a later date. A "Surface Ship Hatchable" entry in the remarks area means equipment will fit through a 26 inch by 66 inch oval hatch. A "Submarine Hatchable" entry means equipment will fit through a 25 inch diameter hatch. A "Modular" entry means the equipment was designed to be disassembled to allow entry into a submarine and/or surface ship hatch and re-assembled at place of installation.

**Recommend downloading the information about Foodservice equipment from the web site while in port.** File the papers either in folders or in a binder so the data will be available and easy to locate when a piece of equipment breaks down.

For questions and comments concerning the catalog, contact:

Commander Carderock  
Division Naval Surface Warfare  
Center  
Habitability Section, Code 9783  
Naval Business Center  
Philadelphia, PA 19112-5083

Telephone:

DSN 443-7311  
Commercial (215) 897-7311

## When Was the Last Time You Calibrated Your Thermometers?



by SSG Stevens, NFMT Mayport

The Bi-Metallic Stemmed Thermometer (Pocket Thermometer) is an extremely important instrument in the prevention of foodborne illness and contamination. Supervisors must make sure that thermometers are available and used properly. The use of uncalibrated thermometers is a major problem throughout the Navy. The ability to identify accurate receiving, cooking, holding, and storage temperatures is crucial in the prevention of foodborne illness. When was the last time you calibrated your thermometers?

You should calibrate your Pocket Thermometers regularly to make sure they are accurate. If thermometers are used on a continuous basis, they should be calibrated at least once a day. They should be calibrated before it is first used, whenever the thermometer is dropped, and when going from one temperature extreme to another.

There are three general methods for calibrating Pocket Thermometers: the ice point method, the boiling point method, and electronic temperature check and calibration units (Note: The ice point method is the most frequently used based on accuracy, ease, and cost). To properly calibrate your Pocket Thermometers, follow these easy ServSafe steps:

### Ice Point Method:

- Fill a large glass with crushed ice. Add potable water until the glass is full and stir well.
- Put the thermometer stem into the ice water so the sensing area (from tip to about half an inch above the dimple) is completely submerged. Do not let the stem of the thermometer touch the sides or bottom of the glass. Wait at least thirty seconds until the indicator stops moving.
- With the thermometer stem still in the ice water, hold the adjusting nut under the head of the thermometer securely with a wrench or other tool. Turn the thermometer head so that the dial reads 32° F. (0° C.). If calibrating a digital thermometer, press the reset button to automatically calibrate the thermometer.

### Boiling Point Method:

- Bring potable water to a boil in a deep pan.
- Put the thermometer stem into the boiling water so the sensing area (from tip to about half an inch above the dimple) is completely submerged. Do not let the stem or probe touch the bottom or the sides of the pan. Wait at least thirty seconds until the indicator stops moving.
- With the thermometer stem still in the boiling water, hold the adjusting nut under the head of the thermometer securely with a wrench or other tool. Turn the thermometer head so that the dial reads 212° F. (100° C.). If calibrating a digital thermometer, press the reset button to automatically calibrate the thermometer.

**Note:** The boiling point of water changes based on atmospheric pressure and altitude above sea



level. The boiling point is about 1° F. (approximately 0.5° C.) lower for each 550 feet above sea level.

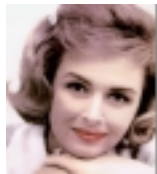
#### **Electronic Temperature Check and Calibration Units:**

- Use specific manufacture's instructions.

#### **Taking Care of Pocket Thermometers:**

- Wash, rinse, sanitize, and air dry thermometers before and after each use to prevent cross contamination. A sanitizing solution appropriate to food-contact surfaces can be used to sanitize the thermometer.
- Store thermometer in its case when not in use.
- The thermometer must be used only to take temperatures, and not as a stirring rod.

Accurate thermometers are the most important tool food employees have to make sure that food products are not in the temperature danger zone any longer than necessary. Proper care of your Pocket Thermometer is the only way to assure that your results are accurate and sanitary.



***Hints from Mom...***

#### ***Did you know?***

*If you accidentally over salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix me up."*

*To prevent egg shells from cracking, add a pinch of salt to the water before hard boiling.*

## **Proper Tools For the Job!**

by MSC(SS) R. J. DeSordi,  
NFMT Norfolk

Just as a mechanic has a toolbox full of tools he/she needs, Mess Specialists should have a knife locker stocked with needed tools. Mess Specialists who use the wrong knife for the task at hand are putting their hands and fingers at risk.

Your knife locker should have at least three basic types of knives: a French knife, a boning knife, and a paring knife as well as a knife steel to hone the blades. Every MS who works in a galley should have a basic understanding of knife handling. Remember, the knife is your number one tool to begin basic meal preparation. Listed below are a few references:

- a. The Art and Science of Culinary Preparation, pgs. 23, 24, 97.
- b. The Professional Chef, Sixth Edition, pgs. 66-71 and pg. 184.
- c. MS PQS unit 301.2.26, which gives basic knife handling/sharpening/usage techniques.

Your Leading Mess Specialist is a great resource to learn about proper knife handling and usage. Just as a mechanic prefers certain tools, the chef may have a preference for specific knives. The Navy will provide the basics but every MS can carry their own tool box. Contact your local Navy Food Management Team to inquire when knife handling, terminology and PQS are being taught. Additionally, check the WEB at the NAVSUP home page at [www.navsupsup.navy.mil](http://www.navsupsup.navy.mil) for updated seminar dates.



## **White House, Vice President and Camp David Enlisted Aide Assignment**

Planning for your next assignment can be challenging. Many times in our careers, we sometimes do not give much thought to what we want or what we have for options. The assignment as an Enlisted Aide to the President or Vice President is one challenge you do not want to miss. The White House, Vice President's Residence and Camp David are always looking for the finest Mess Management Specialists in the Navy. Screening for this great assignment will start January 2001. MSCM(SW/AW) Powell will visit fleet concentrated areas throughout the year. Interviews will take place at the Navy Food Management Team office and local Command Career Counselor offices in Mayport, FL; Kings Bay, GA; Pascagoula, MS; Gulfport, MS; New London, CT; Norfolk, VA; Corpus Christi, TX; San Diego, CA; Bremerton, WA; Pearl Harbor, HI and Yokosuka, Japan. This assignment requires a top secret, single scope background investigation regardless of presently held clearance.

If you would like more information regarding this outstanding assignment, please call MSCM(SW/AW) Powell, CMC, White House Mess at DSN 284-2000, extension 7-1219 or commercial (202) 757-1219.



## **FIVE A DAY, THE SAFE WAY**

by HMC Sandra Riley, NFMT Pearl Harbor

Everyone knows that a healthy diet should include at least 5 servings of fruits and vegetables a day. A diet rich in fruits and vegetables may reduce health risks such as cancer, heart disease and diabetes. Maybe you've made fresh fruits and vegetables a part of your daily diet, but just how safe are the fresh foods you're eating?

Dangers associated with fresh produce include contamination from the soil where it was grown; contamination from water used to rinse it during processing; and pesticides that may have been used to protect the produce in the field. Much of the produce found in today's marketplace is imported from countries that may not have the same safety standards as us. Many products are transported great distances from field to market. The more people handling the product on the way to market, the greater the risk for contamination.

There are steps you can take to reduce the risks associated with fresh produce. First, rinse all produce prior to consumption, even those with rinds or peels. If you cut through the rind of unwashed produce, you risk contaminating the inside. Rinse for at least 20 seconds and use a brush on items like carrots, zucchini or squash. Remove the entire outer layer of a head of lettuce, break the remainder apart and thoroughly rinse all the leaves. Use separate cutting boards for meat and produce. Alfalfa sprouts have been linked to *E. coli* O157:H7. If you use sprouts, make sure the buds are attached, rinse under cold water and, whenever possible, cook them first.

Cooking a baked potato in foil causes moisture to build up, which can harbor harmful bacteria. If you baked your potatoes wrapped in foil, you should either eat them right away or refrigerate them until you're ready to eat them – do not let them sit at room temperature.

You should always buy fruit juices that have been pasteurized. Some apple juices and ciders are sold unpasteurized and these should be heated to 160° F. before drinking.

As with most products, any risks associated with produce can be avoided with a little common sense and proper food preparation techniques.

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### ***National Restaurant Association Educational Foundation ServSafe Certification by NFMT Norfolk***

The Norfolk Navy Food Management Team presents a nationally recognized course in sanitation, the ServSafe Course. In recent years, the Navy has adopted the ServSafe standards as demonstrated by the changes to the P-5010. This three-day course is designed to assist food service division personnel in developing a more effective food protection program. The course emphasizes current food technology and topics relevant to the Navy and commercial facilities. Key topics include food microbiology, cleaners and sanitizers, pest management, basics of HACCP, employee training, facilities and equipment, safe food handling, and storage, preparation and serving of food. The course is free to all attendees, but if you would like to take the test to be nationally certified there is a \$25 fee for each test and an

additional \$12.50 shipping and handling fee, which is divided by the number of persons testing. A passing score of 75% or above is required to become ServSafe certified for five years and a score of 90% or above is required to become instructor certified for three years. This exceptional course is conducted during May and Oct 2001. For more information or to enroll, contact NFMT Norfolk at Commercial 757-443-1900.

## Food Safety & Foodborne Illness Aboard Ships

by SFC Bradford, Army Veterinary Trainer

### *What is foodborne illness?*

Foodborne illness is rated by health experts and government officials as the “**greatest food safety threat.**” It’s caused by microorganisms consumed by eating any type of food. When people complain of “**food poisoning,**” they may actually have been exposed to the microorganisms that cause foodborne illness.

### *Where does foodborne illness come from?*

It comes from bacteria, viruses, and other microorganisms found throughout nature and the environment. An average person carries numerous kinds of bacteria in and on the surfaces of the body. Bacteria can spread easily and rapidly, requiring just food, moisture, favorable temperatures, and time to multiply. However, bacteria can be spread from non-food items such as silverware, cutting boards, or human hands to food.



There are **6 types of bacteria** responsible for the most reported foodborne illnesses:

**Botulism:** Associated with low acid canned foods such as meats and vegetables that have been improperly processed or stored.

**Clostridium Perfringens:** Present throughout the environment, where there is little or no oxygen present.

**E Coli:** A bacterium that normally lives in the intestines of people and animals. Most types are harmless, however, one type called E. Coli O157:H7 reproduces a deadly toxin that can cause illness. Sources include meat (undercooked or raw hamburger), raw milk and milk products.

**Listeria:** Found in milk, raw vegetables, soft or semi-soft cheese, meat and poultry. Listeria can grow slowly at refrigerated temperatures.

**Salmonella:** It is the most common bacterial foodborne illness. It includes about 2,000 different strains of bacteria, but only ten strains cause most of the reported salmonella infections. It can be found in a variety of sources, but it is most frequently associated with poultry, meat, eggs, and unpasteurized milk.

**Staphylococcus:** These bacteria are carried by humans in the nose and throat areas and in skin infections. Ordinary cooking does not kill staph toxins, and that is why personal hygiene in the kitchen is so important.

Here are some important **Food Safety & Food Handling** tips to help prevent foodborne illnesses on board:

1. Cleanliness is paramount, so keep work areas clean and sanitized. Wash hands, and make sure that utensils and cutting boards are clean before preparing food.



2. Use discretion with dented cans. Do not use cans that are dented on the side seams, leaking, have severe rust on the interior, or that have bulging lids.

3. Do not take chances. If you suspect a product is deteriorated, throw it out. **Remember, if in doubt, throw it out!**

4. Store canned goods in a cool dry place and they will last longer.

5. Don't eat raw meat, poultry, seafood, or eggs. It's not worth the risk!

6. Bacteria grows quickly at room temperature, so thaw frozen products in the designated space within the refrigerator.

7. To kill any bacteria present, cook raw meat products, poultry, seafood, and eggs to at least 165 degrees Fahrenheit.

8. Thoroughly reheat leftovers to 165 degrees Fahrenheit for 15 seconds.

9. Promptly refrigerate cooked meat and poultry in shallow 3" containers.

10. Ensure all utensils and equipment are thoroughly cleaned and sanitized after each use.

Frequent training will enhance the MS's and FSA's knowledge and eliminate the possibility of your shipmates becoming ill from foodborne illness. Topics include personal hygiene, microbiology, cleaning, and sanitizing equipment and utensils

If you need any training or assistance, contact your local Food Management Team.

## Fire, Fire, Fire!

by NFMT Norfolk



Do you know the location, type and number of pieces of portable fire fighting equipment in your galley?

What are the classifications of fires? The following may help you:

**Class A Fire** – Involve wood and wood products, cloth, textiles and fibrous materials, paper and paper products. Class A fires are extinguished with water, usually in a fog pattern. If the fire is deep-seated, aqueous film forming foam (AFFF), when available, is more effective than seawater and can be used as a wetting agent to rapidly penetrate and extinguish the fire.

**Class B Fire** – Involve flammable liquids such as gasoline, diesel fuel, hydraulic fluid and lube oil. These fires are normally extinguished with AFFF, Potassium Bicarbonate, or water.

**Class C Fire** – Energized electrical fires that are attacked at prescribed distances using nonconductive agents such as CO2 or water fog. The most effective tactic is to de-energize and handle the fire as a class A fire. When fires are not deep seated, clean agents that pose no clean up problem such as CO2 are preferred.

**Class D Fire** – Involve combustible metals such as magnesium, lithium hydride, sodium, potassium, aluminum, zinc, titanium, zirconium, and iron. Heat from radiation, conduction, or convection can be sufficient to cause ignition; Flame is not necessary. Probable causes of this class of fires include the exposure to high temperature, or violent reaction to water.

For more information on fire fighting consult the Navy Ships' Technical Manual, Chapter – 555. Do not wait until you have a fire to know these things.







## Management Involvement

by MSCS Dan Mazon

During the past several months, one of the biggest concerns voiced across the board by the Navy Food Management Team is the lack of personal involvement by key management personnel within their food service operations. Active participation by Supply Officers, Food Service Officers and Leading Mess Management Specialists in their daily food service operations is the key to achieving and maintaining a high standard of food service.

Quality food and customer service are the "bread and butter" for maintaining high morale and the general welfare of our patrons. They are entitled to properly prepared, wholesome, nutritious, well balanced and satisfying meals served under sanitary conditions in a pleasant atmosphere.

Efficiently run food service operations "don't just happen." Constant vigilance by key management personnel is essential and paramount in ensuring a "smooth sailing" food service operation. Management must be out and about monitoring food production, sanitation practices, equipment safety and proper financial accountability.

The bottom line is that poor management causes the entire food service operation to "run aground." The customers suffer and food service careers go down the tube.



## Pulling-in to Japan?

by

MSCS(SW/AW) Mazon,  
NFMT Yokosuka Det.



Pulling in to Japan soon? A vast majority of the CONUS ships are wondering how to place an order in a foreign port like Japan. It's as easy as A-B-C! All you have to do is send either FISC Yokosuka's Customer Service or NFMT Yokosuka Det an email. We will send you the latest copy of the Prime Vendor (STORES) Catalog and the Prime Vendor Contract Number. We will also send you a configuration instruction of Prime Vendor for FSM and an update of the area mark-up price. The Prime Vendor Catalog is updated every Monday and can be downloaded from WIN SALTS or **[www.onetouch.yoko.fisc.navy.mil](http://www.onetouch.yoko.fisc.navy.mil)**. A note to remember before placing your next provisions order - make sure you are using the most current Prime Vendor Catalog. Ensure the disks are labeled properly and deliver them to the STORES operator at FISC or you can transmit the requisition to FISC via email. FISC Yokosuka and Sasebo require 5 working days for processing provision orders.

Any questions or concerns can be emailed to us at the following addresses:

**[Daniel\\_L\\_Mazon@yoko.fisc.navy.mil](mailto:Daniel_L_Mazon@yoko.fisc.navy.mil)**  
**[Todd\\_S\\_Mears@yoko.fisc.navy.mil](mailto:Todd_S_Mears@yoko.fisc.navy.mil)**  
**[Isagani\\_Enriquez@yoko.fisc.navy.mil](mailto:Isagani_Enriquez@yoko.fisc.navy.mil)**

or Sasebo's POC:

**[Mariko\\_Inadomi@sas.fisc.navy.mil](mailto:Mariko_Inadomi@sas.fisc.navy.mil)**

# FROM THE SCHOOLHOUSE

**"WE'VE LANDED!"**

by MSC (SS/AW) CHRIS NAILON

The Mess Management Specialist "A" school is improving the quality of life for instructors and students alike. Our future chefs already receive superior training by some of the Navy's top culinary artists, but their living arrangements were not always as superior. Quality of life for our students became a high priority. The first project was to relocate our students into one centralized billeting location. Since the "A" School moved from San Diego to San Antonio, it was all too often that we were forced to house our students in several different billeting locations around the base. This made transportation a major concern. Last September, the MS "A" School acquired its own dormitory which centralized all students into newly remodeled barracks. The building doubled the occupancy capacity, lounge areas, and office spaces.

MS1 (SW) Christopher Cephus, BEQ Manager, has spearheaded several self-help projects since moving into the new barracks. Those initiatives stem from the desire to create a Navy unique environment for the students while they are in training on an Air Force Base. MS1 Cephus, along with his staff, procured two Danforth anchors that are proudly displayed in front of quarterdeck area of the barracks. The common area bulkheads have been repainted in the Navy's traditional colors. Last November, the Air Force funded a \$1.5 million project that called for the replacement of all barracks furniture, which is scheduled to begin this March.



*MS "A" School barracks entrance  
with Danforth anchors*



*Seaman Frances Learning Resource Center*

In a joint project with Chief Naval Education & Training and Naval Technical Training Center Lackland, the MS "A" School is proud to announce the establishment of the *Seaman Lakeina M. Frances Learning Resource Center*. This resource center, located in the barracks, offers students a quiet study area and the use of twelve computers with full internet access. In addition, the computers are equipped with valuable programs such as: Microsoft Office, Basic Math, Algebra, and English tutorial software. This resource center is dedicated to the memory of Seaman Lakeina M. Frances. While attending the Consolidated Food Course, Seaman Frances

maintained a 98.7 percent grade point average, which earned her the coveted Top Graduate award and Accelerated Petty Officer award. She graduated the MS "A" School on 01 September 2000 and reported to her first assignment aboard the USS COLE. On 12 October 2000, Seaman Frances was killed in the line of duty during the attack on the USS COLE in Yemen. Her academic excellence in "A" School will be a legacy for all future students.

Questions? Comments? Please contact us!

[paul.caballero@lackland.af.mil](mailto:paul.caballero@lackland.af.mil) DSN 473-0626 Comm: (210) 671-0626



## USS CONSTITUTION Dedicates Crew Galley as “Ronchester Santiago Memorial Galley”

On 8 December 2000, USS CONSTITUTION dedicated its crew galley as the “Ronchester Santiago Memorial Galley.” The ceremony was held in honor of former crewmember, Mess Management Specialist Third Class Ronchester Santiago, who lost his life during the terrorist bombing of USS COLE. Among those attending the ceremony were Santiago's parents, family members, fellow shipmates from the USS COLE, Senator Edward M. Kennedy, Congressman Michael Capuano, and the entire crew of USS CONSTITUTION.



## General Messes Continue to Attain Ney Five-Star Accreditation

The Ney Five Star Accreditation Program is a continuous process allowing ashore general messes to achieve accreditation throughout the year. On behalf of the Secretary of the Navy and the International Food Service Executives Association, we extend our *Congratulations* to the following Five-Star General Messes:

- ***Pacific Missile Range Facility Kekaka, Hawaii***
  - ***Coastal Systems Station Panama City***
  - ***Naval Surface Warfare Center Dahlgren***
    - ***Naval Air Station Oceana***
    - ***Naval Weapons Station Yorktown***
  - ***Naval Amphibious Base Little Creek***
    - ***Naval Station Norfolk***

The Ney Five-Star Accreditation Review Team conducts a one-day unannounced review to assess the overall dining experience, customer satisfaction and quality of service, financial management, administration, safety and sanitation. Our newest Five-Star general messes will receive a plaque from the Secretary of the Navy and the International Food Association (IFSEA) recognizing their Five-Star standing. As a Five-Star accredited general mess, members of the food service division will receive a certificate signed by the Chairman of the Board, IFSEA and the Naval Supply Systems Command. Additional benefits include the opportunity for all members of the food service team to participate in a five day food service training program of their choice. Every team member also receives a complimentary IFSEA membership for a one year period. One representative from each of these five-star general messes will attend the 101th Annual IFSEA conference, which will be held in Tampa, Florida for recognition during the 45th celebration of the Captain Edward F. Ney Memorial Awards Program.

## North American Meat Processors (NAMP)

by SFC Dave Rice, NFMT Pearl Harbor

Imagine that you are ordering Beef for Stewing, Frozen, 10 LB container, NAMP 135A. Have you ever wondered what the NAMP 135A number represented? Ask yourself a couple of questions. How much fat do I want in my beef for stewing? How large or small should the beef dices be for my operation and recipes? Am I expending manpower trimming or reworking my beef for stewing to make it more palatable or useable?

The answer to your questions lies within the NAMP 135A. NAMP, which stands for North American Meat Processors, is a non-profit trade association comprised of meat processing companies and associates. They have created The Meat Buyers Guide which explains and illustrates the accepted industry and government standards for beef and poultry procurement. It was created using the USDA's Institutional Meat Purchase Specifications (IMPS) and is cited in nearly every beef or pork item description available for DOD procurement.

An example, a NAMP 135A requires at least 85% of your dices to meet the size requirements. It requires the meat to be cut into cubes or dices not larger than 1-½ inches and not smaller than ¾ inches. This ensures uniformity in size and negates the necessity for trimming or reworking. It tells us everything we need to know to make a positive, or at least reasonable determination, that the items we ordered are in fact what we received. Knowing the specifications of the items you're receiving should be part of your

receiving inspections and will help you in determining product identity.

Surely this is only a military requirement. **WRONG.** These standardized product descriptions are used universally. They are used by industry and regulatory agencies to determine product identity, truth in labeling laws, conformance to contracts, and possibly even fraud.

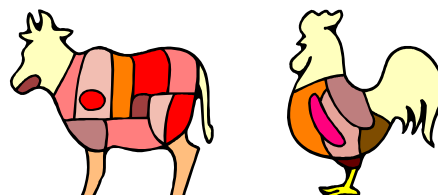
Do you need to know these requirements? You bet you do! Knowing the basic requirements of the various food items you are procuring and receiving is an integral part of your food service operation. Ordering and receiving items that fit your operation and menu needs reduces manpower, preparation costs, and significantly reduces product waste. Bottom line, you save *your* time and *your* money.

Think you might be experiencing problems with any of your subsistence? Call your local NFMT Army Veterinary Trainer or the local Army Veterinary Inspectors in your area. They will be more than happy to personally come to your activity to assist you in verification or clarification of your products.

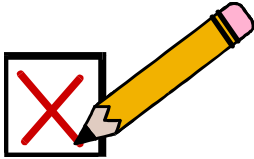
Don't have The Meat Buyers Guide yet? You can call, write or visit the North American Meat Processors Association on the internet to obtain copies of these valuable educational tools at:

North American Meat Processors Association  
1920 Association Drive, Suite 400  
Reston, VA 20191-1547  
(703) 758-1900  
<http://www.namp.com>

The Meat Buyers Guide	\$49.00
The Poultry Buyers Guide	\$26.00







## CERTIFICATION OF RATIONS

by MSC/SS Joey Sneed, 51C

Once again the summer months are upon us. With that comes an increased number of rations requiring certification, such as NROTC and Naval Academy Midshipmen, as well as a whole list of others.

The #1 audit error for the past two years has been activities failing to submit Travel Orders and Certification Letters. Most of you are probably thinking, "What is the **BIG** deal?" Here it is! The total dollar value of rations (requiring certification) not received for the past year alone, is approximately **\$85,000**. This is money that will have to be incorporated into the S.I.K. fund, and paid for by your customer, vice the paying activity that is actually accountable.

Activities that submitted their certification letters often submitted them incorrectly. Some examples are as follows:

1. The number of rations reported on the 1359 does not match the number reported on the Certification Letter.

2. Name and address of activity to be billed (where required) were not listed on Certification Letter. (Required for NROTC and Foreign government personnel).

3. One Certification Letter was submitted covering more than one calendar month. (If the same individual or individuals are on board for more than one calendar month, two separate Certification Letters must be submitted.)

The NAVSUP P-486, Chapter 2, para 2003, lists the requirements for rations requiring certification. A review of these requirements by the recordskeeper, Leading MS, and the Food Service Officer, will aid in the correct submission of Certification Letters and Travel Orders. Major highlights of paragraph 2003 are:

1. The number of rations reported on the NAVSUP Form 1359 must match the number of rations reported on the Certification Letter.

2. NROTC and Naval Academy midshipmen must be on separate certification letters.

3. Copies of Travel Orders are submitted and must be legible.

4. Separate Certification Letters will be submitted for each month.

5. Name and address of activity to be billed (when required) will be provided on the Certification letter.

The NAVSUP P-486 also provides an example Certification of Rations letter for you to use as a guideline for submission.

For further guidance contact your NAVSUP auditor Sherry O'Brien at COMM (717) 605-5622, DSN 430-5622, or by e-mail at sherry\_e\_obrien@navsup.navy.mil, or MSC/SS Joey Sneed at COMM (717) 605-5622, DSN 430-5622, or by e-mail at joseph\_f\_sneed@navsup.navy.mil.



## **PRINT QUEUE RETENTION**

by MSCS Stigall, 51I

Over the past several months, while working with activities to correct audit errors, we have noticed that many activities have their Print Queue Retention periods set at 30 days. It is recommended activities set the retention periods for their NAVSUP Form 1359 to 12 months. In many cases all that is needed to correct audit errors is to have the activity re-submit their 1359. By setting your retention periods to 12 months you will have access to view or re-print your 1359 without having to conduct a system restore back to that month. The following instructions will assist you in making the changes to your retention periods:

**STEP 1:** From the system directory go to the #8 PRINT MODULE; you will now be on screen # (F80000001).

**STEP 2:** Go to #7 PRINT QUEUE; you will now be on screen # (F87000001).

**STEP 3:** Go to #2 MODIFY REPORT DELETION DATE; you will now be on screen # (F87200001).

**STEP 4:** In this screen you must enter a DATE CODE and a FUNCTION CODE. In the date code block enter 1; in the function code block enter 1; you will now be on screen # (F872Z0001). You must scroll down and find the code for the NAVSUP Form 1359. Enter this code in the REPORT CODE block at the bottom of the screen, then enter the new date for deletion; press F1 to modify.

**NOTE 1:** You will want your retention period to be 12 months.

**EXAMPLE:** If the current print date is 1-26-01, then your new deletion date would be 1-26-02.

**NOTE 2:** You will have to repeat this step each month for that month only. It is also recommended that you view your print queue more than once a month to verify reports that have not yet been printed.

The NAVSUP P.O.C. is MSCS Stigall at COMM (717) 605-5602, DSN 430-5602, or MSC Sneed at COMM (717) 605-5622, DSN 430-5622, or you can contact your local Navy Food Management Team.



**NEW and  
IMPROVED....  
HEALTHY NAVY  
MENU 2001**  
by Pam Beward, 51P

Based on Fleet input, the Healthy Navy Menu (HNM) has been revised for 2001. The new version of the menu incorporates Fleet recommendations/suggestions received by NAVSUP since the menu was first deployed in June 1999. HNM 2001 includes more Fleet favorites, provides speedline menus, incorporates advanced foods and includes new recipes. In addition to the menu, NAVSUP has also developed a purchasing guide and individual daily menus to post on your serving line. An Advanced Food Guide accompanies the menu and lists possible advanced food alternatives for numerous items on the menu. HNM 2001 will be available as a Word document or in FSM format for easy upload into your system. The menu and all accompanying documents will be posted on the NAVSUP Navy Nutrition website.

# BIGGIE SIZE = BIGGIE THIGHS

## ... the Supersizing of America

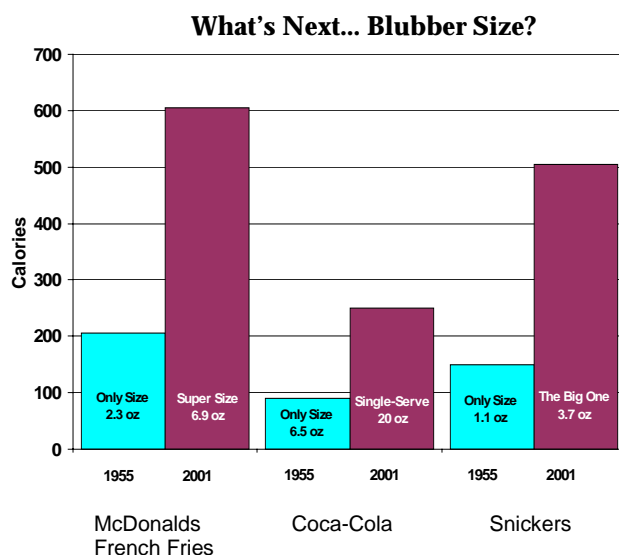
by Pam Beward NAVSUP 51P

Today, more than half (54%) of American adults are overweight. More alarmingly, 25% of children are also overweight. There are many reasons for our expanding waistlines:

- Decreased physical activity. We have become a nation of **TV-Car-Computer-Couch Potatoes**.
- The number of meals eaten away from home has increased significantly and restaurant food tends to have more calories and fat than meals prepared at home. The variety offered by many restaurants increases the tendency to overeat... the more there is to choose from, the more we tend to eat. **Eating out is out of control!!!**
- **Serving-Size Sprawl...**



In the 1950s and 1960s, fast food restaurants only offered one size of French Fries... 2 ounces of fries containing about 200 calories. In the 1970s, this size became the “small” size and a new, larger size became the “regular” size. Today, we have “large” size fries containing about 450 calories. But even this isn’t enough... now you can “supersize” your fries... a 7 ounce portion containing more than 600 calories. What’s next: Blubber-size? Burgers have also increased in size. McDonald’s original 3 ounce, 270 calorie burger has now been overshadowed by the Big Mac, Quarter Pounder and Big Extra. An old-fashioned burger, fries and soda meal contains about 600 calories. Today’s super-sized burger, fries and soda packs a walloping 1600 calories!!



It’s not just fast food restaurants that are increasing portion sizes. Packaged foods such as potato chips, soft drinks, candy bars, bagels and muffins are larger than ever. Five years ago, an individual bag of potato chips weighed one ounce... about 150 calories. Today’s supersize bags contain 2-½ ounces with 375 calories. Consider the gourmet muffins available from most bakeries... they contain an average of 500 calories and 20 grams of fat.

Studies from the University of Illinois have proven if people are served larger portions, they will eat them. With the super-size portion sizes being offered by restaurants and food manufacturers, it is not surprising the waistlines of Americans have also become supersized!

What can you do to prevent your own supersizing? Pass on the supersize meals at fast food restaurants... select the regular size sandwich, drink and fries. In sit-down restaurants, when portion sizes are large, ask for a doggie bag... you don't have to be a member of the clean plate club! The next time you go to an All-You-Can Eat restaurant, take seconds on the green salads and vegetables... limit the high fat fried items, items with sauces/gravy and rich desserts. If you must have snack foods such as chips and candy bars, select the standard size, not the extra large. Read the nutrition label on packages and determine how many servings are included in that package... don't kid yourself that 2-½ ounces of potato chips is one serving!

Adapted from Nutrition Action Health Letter Jan/Feb 2001, Volume 28/Number 1 Center For Science in the Public Interest

## CONTRACTORS LOAD STORES

by Nanci S. Bowers,

NAVSUP 51E

In December 1999, the Secretary of the Navy committed to several Quality of Life reengineering initiatives to improve food service and reduce workload for Sailors. One of the initiatives, "Contractor Load-Out of Subsistence," has the potential to reduce workload for Sailors and in turn allow them to accomplish other work, participate in professional development programs, and pursue personal growth initiatives. Contractor load of provisions takes all subsistence from the delivery vehicle into dry and refrigerated storerooms onboard the ship. On Thursday, 1 March ships home ported in the San Diego took the first step in eliminating the call from the quarterdeck "Now muster the XXX working party." San Diego based ships have the option for the next seven months to use civilian labor force to successfully load provisions. Civilian contractors wearing orange vests (identification uniform) began loading food provisions to the ship storeroom. Five days into the prototype, feedback from a sampling of ship's and Sailors using the service can be described in one word, "AWESOME"!

We want to share some insights from a snapshot one day in time taken from four ships using contractors to load-out stores: **USS DECATUR** received nine pallets of dry, frozen, fresh fruits and vegetables and bread from three different companies at different delivery times. Contractors delivered products from the pier to the storeroom... three MS's supervised delivery... The Jack of Dust stacked pallets in the storeroom. **USS JOHN PAUL JONES** received 10 pallets of dry, chill, and frozen items delivered... three MS's supervised delivery... JOD stacked pallets in the storeroom. **USS DENVER** received nine pallets of chilled, milk, and frozen items. Contractors delivered provisions to storeroom... MS's supervised. **Note: Contractor Load-out is only available to ships in the San Diego area. Aircraft Carriers homeported in San Diego will have the option to use contractor labor beginning 1 April 2001. Phased expansion of contractor load-out throughout the Fleet will begin in Fiscal Year 2002.**

## ***Brown Rice... The Healthy Choice***

Pam Beward, NAVSUP 51P

Foods made from grains, like rice, are the foundation of a nutritious diet. They provide vitamins, minerals and other substances that are important for good health. Eating plenty of whole grains, such as brown rice, as part of a healthy diet, may help protect you against many chronic diseases. One-half cup of cooked brown rice provides almost 2 grams of fiber. Experts recommend we consume at least 25 grams of fiber every day to decrease the risk of chronic diseases.



Choose brown rice for all the right reasons:

- The fiber content of whole grains, such as brown rice, may help you feel full with fewer calories.
- Brown rice is rich in vitamin E, an antioxidant proven to protect cells from damage that can lead to health problems such as cancer, heart disease and cataracts.
- One serving of brown rice supplies a healthy dose of B vitamins, which may help prevent heart disease and strokes.

Studies show that brown rice is nearly a perfect dietary treatment for serum cholesterol, which is a key contributor to coronary heart disease. Brown rice components bind serum cholesterol, preventing its absorption into the body.

Eating plenty of fiber-containing foods, such as whole grains, promotes proper bowel function, reducing the risk of developing intestinal disorders.

Brown rice takes longer to cook than regular-milled rice (45 minutes versus 15 minutes for white rice), since the outer bran layers act as a barrier to heat and moisture. It also requires a slight increase in cooking liquid; 2 to 2-½ cups are recommended per 1 cup of rice. When cooking brown rice, always follow package directions.

The Armed Forces Recipe Service contains several recipes for Brown Rice. Try these recipes as a healthy, high fiber alternative to white rice.

- E 015.00 SICILIAN BROWN RICE  
AND VEGETABLES
- E 018.00 SPICY BROWN RICE  
PILAF
- E 019.00 BROWN RICE WITH  
TOMATOES



*"A bowl of rice each day is all we ask"*





Nothin' says lovin' like something from the oven...

## FROZEN BREADS, ROLLS, AND BISCUITS

by Nick Spengler, SUP 51X &  
MSCM(SW) Arnel G. Cayabyab, FISC San Diego

High quality bread, Parkerhouse style rolls, and biscuits are a must in your dining facility. Nothing says "Thank you for being here" more than your own freshly baked breads, rolls, and pastry dough. Serving these items deliciously hot will make your dining facility stand out above the rest.

You don't have the time or manpower for fresh baked items? **Advanced foods to the rescue!** Use these items to complement your menu with minimum effort. Check your prime vendor catalog for:

Frozen Bread Dough (White)	FIC L70	8920-01-E19-0924
Frozen Bread Dough (Wheat)	FIC L71	8920-01-E19-1148
Frozen Parkerhouse Rolls	FIC T65	8920-01-049-6897
Frozen Pastry Dough Sheets	FIC L72	8920-01-E19-5162

Yes, the food cost is slightly higher, but considerable man-hours are saved, which makes these items attractive for undermanned galleys. The finished product has a consistently high quality and is far superior to fresh bread that is frozen for future use. The storage issue is slightly different. The dry storage used to store raw ingredients for baking can be eliminated (no more flour and large quantities of sugar), however, the storage requirements are transferred to the freezer. Order light the first time so you can find the right mix for your freezer space.



by LT Chuck Sexton, SUP 51L

A CARGO working group consisting of TYCOM representatives, DSCP and NAVSUP met 17 Jan 01 in San Diego. Based on the Fleet input, the following Recommended changes to CARGO will become effective 1 June 01.

DELETES	
<i>Fic</i>	<i>Item</i>
C31	Juice, Apple, Ind
C33	BIB Apple Juice
C35	Juice, Grape, Ind
C48	Juice, Orange, Ind
D49	Potatoes, Wh, Dehy
D80	Tomato Paste, #2-½ cn
N63	Pickles, Whl, Sweet
U75	Eggnog, APP., 12-32 oz

ADDS				
<i>Fic</i>	<i>NSN</i>	<i>Item</i>	<i>Packaging</i>	<i>U/I</i>
D81	8915-01-E09-1085	Tomato Paste	6/#10 Cans	CN
K42	8940-01-067-7960	Meatballs w/Sauce	6/#10 Cans	CN
L69	8905-01-E19-6550	Chop House Burger, FZN Preckd	40# Case	LB
L73	8905-01-E09-7386	Chicken Wings in Hot Sauce	10# Case	LB
M49	8950-01-E19-2131	Mayo Low Fat	12/32 oz	JR
P21	8955-01-E19-0595	Ice Tea, Sweet	BIB 3 Gal	BX
P40	8955-01-E09-1964	Ice Tea, Ind	24/11.5 oz	CN
P41	8960-01-E09-3213	Fruit Punch, Ind	24/11 oz	CN
P42	8960-01-E19-3884	Lemonade, Ind	24/11 oz	CN
P43	8960-01-E19-3313	Strawberry/Kiwi	BIB 3 Gal	BX
T36	8915-00-044-1918	Hash Browns, FZN	6/5 LB BG	LB



# NAVSUP P-486

Volume 1, Revision 2001

## ***COMING TO A GALLEY NEAR YOU!***

by MSCM(SW) Mike Neff (SUP 51F)

Soon you will be receiving the latest and greatest revision to the NAVSUP P-486, Volume 1 - Food Service Management, and at the same time we will say goodbye to a few old friends. This revision will consolidate the NAVSUP P-486 - Food Service Management, NAVSUP P-421 - Food Service Operations, and the NAVSUP P-520 - Enlisted Dining Facility Master at Arms Handbook all into one user-friendly publication. Future plans also include the deletion of NAVSUP P-580 - Fat, Cholesterol, and Calorie List for General Messes and incorporating the information into the P-486, but due to the extensive recipe analysis required in revising this one publication, it won't be completed in time for this most current release. The entire publication has been scrubbed and polished from cover to cover, thanks to the help and assistance of many subject matter experts from the Fleet, Navy Food Management Teams, and Staff here at SUP 51.

Some highlights of the changes are as follows: Letters of Authority have been consolidated and reduced from 16 to 5; letters have now been delegated to the lowest level possible leaving administrative management of the galley at the Supply/Food Service Officer level; Chapter 3, Nutrition and Menu Planning, is completely new from the first page through the last page including a section on a newly authorized style of food service called "Self-Serve." Take a look and see if this style of service is right for your command.

Each chapter has been thoroughly reviewed, reformatted, and updated as required. There are many, many, more new changes, too numerous to mention in this article. So, be on the lookout for the new P-486 - Food Service Management, Volume 1, Revision 2001. It's coming to a galley near you soon. Expected distribution timeframe will be late April or early May 2001.



# Food Service's Finest!!

## SAILOR OF THE YEAR 2000

MS1(SW/AW) BRIAN D. ARMSTRONG  
MS1(SW) RICHARD CHIN  
MS1(AW) VICTORIA J. MOELLER  
MS1(SW) BOGAN  
MS3 DENNIS I. CORPUS  
MS3 JOSEPH A. GORDERT

USS HARRY S. TRUMAN (CVN-75)  
USS LASALLE (AGF-3)  
NAS WHIDBEY ISLAND  
SEASHORE GALLEY, PANAMA CITY, FL  
NAS LEMOORE  
USS CONSTITUTION



## SAILOR OF THE QUARTER OCT - DEC 00

MS1(SW/AW) EDGAR M. ESPINOSA  
MS1(SW) THOMAS MOORE  
MS2(SW) JERRY RICHARDSON  
MSSA CHARLES A. THOMPSON

USS CHOSIN (CG-65)  
NSA, MID-ATLANTIC REGION  
USS HARRY S. TRUMAN (CVN-75)  
NAS LEMOORE



## MS OF THE QUARTER OCT - DEC 00

MS1(SW/AW) EDGAR M. ESPINOSA  
MS2 CRECENSIO VILLANUEVA  
MS2(SW) ANDREVIC BERNARDEZ  
MS2 CHAD BURRELL  
MS2(SW/AW) RACQUEL SAMPSON  
MS3 KAREEFE BELTON  
MS3 EARL SIMPSON  
MS3 JOSE MACASINAG  
MS3 CLARENCE L. WHITE  
MSSN BRIAN PETTEE

USS CHOSIN (CG-65)  
NAVAL STATION EVERETT, WA  
USNH YOKOSUKA, JAPAN  
NAS BRUNSWICK, MAINE  
NAVAL HOSPITAL, CAMP LEJEUNE  
USS HARRY S. TRUMAN (CVN-75)  
SEASHORE GALLEY, PANAMA CITY, FL  
USS DECATUR (DDG-73)  
USS CHOSIN (CG-65)  
USS JOHN S MCCAIN (DDG-56)



## MS OF THE QUARTER JAN - MAR 01

MSSN JAFAWN MCCRAY

USS JOHN S MCCAIN (DDG-56)



## MS OF THE PATROL JUL - OCT 00 (PATROL 22)

MS2(SS) DAMISO MITCHELL

USS NEBRASKA (SSBN-739) (BLUE)



## FSA OF THE PATROL JUL - OCT 00 (PATROL 22)

STSSN(SS) ANDREW WHITSON

USS NEBRASKA (SSBN-739) (BLUE)



## MS OF THE MONTH - OCT 00

MS1 CHRISTINE BROCK  
MS2 DANIEL RUIZ  
MS2 LEVITICUS BENSON  
MS2 BYRON M. PARKER  
MS3 DOUGLAS GRIMLEY  
MS3 WILLIAM EAST  
MS3 CAROL ENGLEMON

NAVAL STATION GALLEY, NORFOLK  
FCTCLANT VIRGINIA BEACH  
NAS OCEANA  
NAVSTA BREMERTON, WA  
NAB LITTLE CREEK  
NWS YORKTOWN  
NWS CHEATHAM ANNEX



### **MS OF THE MONTH - NOV 00**

MS2 DALE HELGESTAD  
MS2 ANTHONY G. IGNACIO  
MS2(SW) JOUBERT FERDINARD  
MS2 ROMEO P. CABACUNGAN  
MS3 EMMERT  
MS3 BRIAN HOWARD  
MS3 DERRICK RUSSELL  
MS3(SW) ISAAC COAXUM  
MS3 SONNY HENRY  
MS3 GARY L. JACKSON  
MS3 CARLOS ELDRIDGE  
MSSN NIANI STEWART

USS ABRAHAM LINCOLN (CVN-72)  
NAS LEMOORE  
NAB LITTLE CREEK  
NAVSTA BREMERTON, WA  
USS KEARSARGE (LHD-3)  
FCTCLANT VIRGINIA BEACH  
NAS OCEANA  
NWS YORKTOWN  
NWS CHEATHAM ANNEX  
NAS LEMOORE  
NAVAL STATION GALLEY, NORFOLK  
USS HARRY S. TRUMAN (CVN-75)

### **MS OF THE MONTH - DEC 00**

MS1 LINDA M. GILTINEGDAY  
MS2 ROBERTO D. CINCO  
MS2 JEFFERY A. BARROW  
MS2 PAUL LAROCQUE  
MS2 PAMELA MOSLEY  
MS3 KAREEFE BELTON  
MS3 JOSEPH JENNINGS  
MS3 MARKUS HEAD  
MS3 KERITH DRUMMOND  
MS3 JULIAN JOHNSON  
MS3 GOLDEN  
MS3(SW) LARON HOUGH  
MS3(SW) QUARLES  
LCPL MARTINEZ  
MSSN MAURICE MILLER

NAVSTA BREMERTON, WA  
NAS LEMOORE  
NAS LEMOORE  
NAVAL STATION GALLEY, NORFOLK  
FCTCLANT VIRGINIA BEACH  
USS HARRY S. TRUMAN (CVN-75)  
NAS OCEANA  
NWS YORKTOWN  
NWS CHEATHAM ANNEX  
NAB LITTLE CREEK  
USS KEARSARGE (LHD-3)  
NAVAL HOSPITAL, CAMP LEJEUNE  
USS NASSAU (LHA-4)  
USS NASSAU (LHA-4)  
USS ABRAHAM LINCOLN (CVN-72)

### **MS OF THE MONTH - JAN 01**

MS2(SW) VINCENT HOGANS  
MS2 MARC L. ERNEST  
MS2 TARACE WHITE  
MS2 KENNETH VENABLE  
BU2 JEROME SIMMS  
MS3 KEVIN GUELIG  
MS3 JASON BURBA  
MS3 CHARLES FORD  
MS3 BRYANT  
YN3 AMY NARVAEZ  
MSSA EHE

NAVAL HOSPITAL, CAMP LEJEUNE  
NAS LEMOORE  
NAVAL STATION GALLEY, NORFOLK  
NAB LITTLE CREEK  
NWS CHEATHAM ANNEX  
USS ABRAHAM LINCOLN (CVN-72)  
NAS LEMOORE  
FCTCLANT VIRGINIA BEACH  
NAS OCEANA  
NWS YORKTOWN  
USS KEARSARGE (LHD-3)

### **MS OF THE MONTH - FEB 01**

MSSA KIGEMBE

USS KEARSARGE (LHD-3)



### **FSA OF THE MONTH – OCT 00**

GM3 CHRISTOPHER POWERS  
AN DEMETRIUS PRICE  
MR. NICK PETERSON

USS JOHN S MCCAIN (DDG-56)  
NAS OCEANA  
NAVSTA BREMERTON, WA

### **FSA OF THE MONTH – NOV 00**

ABFAN ROBERT FULLER  
AN BROWN  
GMSN MATTHEW CARTER  
ITSA MARK TYSON  
ATAA BRADLEY YATES  
AOAA RICHARD HUNT  
ADAR SEAN VARELA  
MR. SEAN SECHREST

USS LASALLE (AGF-3)  
USS KEARSARGE (LHD-3)  
USS JOHN S MCCAIN (DDG-56)  
USS ABRAHAM LINCOLN (CVN-72)  
USS ABRAHAM LINCOLN (CVN-72)  
NAS OCEANA  
USS HARRY S. TRUMAN (CVN-75)  
NAVSTA BREMERTON, WA

### **FSA OF THE MONTH – DEC 00**

LCPL GARCIA  
QM3 MELANIE MCDANIEL  
IS3 EARLY  
ET3 JACOB WARD  
ABFAN BLANCA CANO  
DCFN JOHN HENRY  
AOAA CHRISTOPHER LAQUE  
EMFA GUEVARRA  
AA COREY SPIEKER  
AR RUBEN TORRES  
MR. NICK REYES

USS NASSAU (LHA-4)  
USS LASALLE (AGF-3)  
USS KEARSARGE (LHD-3)  
USS DECATUR (DDG-73)  
USS HARRY S. TRUMAN (CVN-75)  
USS JOHN S MCCAIN (DDG-56)  
USS ABRAHAM LINCOLN (CVN-72)  
USS NASSAU (LHA-4)  
NAS OCEANA  
USS ABRAHAM LINCOLN (CVN-72)  
NAVSTA BREMERTON, WA

### **FSA OF THE MONTH – JAN 01**

MS2 GERARDO B. OBANDO  
STG3 ANDREW SMOLEN  
STG3 JOHN GILBERT  
OSSN ANNABEL VASQUEZ  
ITSN NEIL SAK  
FN TUCK  
SKSN STEVEN A. WINTERGERST  
AN RAMSAMOOJ  
ITSA BRADY MILLER

NAVSTA BREMERTON, WA  
USS DECATUR (DDG-73)  
USS JOHN S MCCAIN (DDG-56)  
USS LASALLE (AGF-3)  
USS ABRAHAM LINCOLN (CVN-72)  
USS KEARSARGE (LHD-3)  
USS CHOSIN (CG-65)  
NAS OCEANA  
USS ABRAHAM LINCOLN (CVN-72)

### **FSA OF THE MONTH – FEB 01**

OS3 PATRICK PENDLETON  
IC3 ANTONIO ORTIZ JR.  
SHSN WAYDE BOWSER  
SA CHANCELLOR

USS CHOSIN (CG-65)  
USS JOHN S MCCAIN (DDG-56)  
USS DECATUR (DDG-73)  
USS KEARSARGE (LHD-3)



BZ Everyone!  
Keep up the good work!!!!

CDR Steve Romano,  
NAVSUP 51 Food Services Director

### **ESWQ QUALIFICATION**

MSC(SW/SS) DAVID J. MICKLE  
MS1(SW) TAWANDA GILES  
MS1(SW) RICHARD CHIN  
MS1(SW) SCOTT  
MS2(SW) VERNON  
MS2(SW) COVINGTON  
MS2(SW) ROBERT MISSOURI  
MS3 DITESHA DAVIS  
MS3 DARRELL GAFFNEY  
MS3 KENWARD LAYTON  
MS3(SW) RUSH  
MS3(SW) ADAIR WALKER  
MSSA(SW) LUCY MARTINEZ

USS HARRY S. TRUMAN (CVN-75)  
USS HARRY S. TRUMAN (CVN-75)  
USS LASALLE (AGF-3)  
USS JOHN F. KENNEDY (CV-67)  
USS JOHN F. KENNEDY (CV-67)  
USS JOHN F. KENNEDY (CV-67)  
USS HARRY S. TRUMAN (CVN-75)  
USS HARRY S. TRUMAN (CVN-75)  
USS HARRY S. TRUMAN (CVN-75)  
USS HARRY S. TRUMAN (CVN-75)  
USS LASALLE (AGF-3)  
USS DECATUR (DDG-73)  
USS LASALLE (AGF-3)

### **CIVILIAN OF THE QUARTER OCT - DEC 00**

MS. JOYCE JONES  
MR. TAKASHI AOYAMA  
MS. PHYLLIS BRANTON  
MR. JAMES PARKER  
MR. LAWRENCE CANNON

NAVAL STATION EVERETT, WA  
USNH YOKOSUKA, JAPAN  
SEASHORE GALLEY, PANAMA CITY, FL  
NAS BRUNSWICK, ME  
NAVAL HOSPITAL, CAMP LEJEUNE

### **CIVILIAN OF THE MONTH - DEC 00**

MR. JOSEPH DIAZ

NAVAL HOSPITAL, CAMP LEJEUNE

### **CIVILIAN OF THE MONTH - JAN 01**

MR. HENRY BURTON

NAVAL HOSPITAL, CAMP LEJEUNE

### ***From the Editor***

*Input for the next issue of the 476 is due by 4 June 01.  
Please submit your input via email, to Ms. Pamela Beward,  
pamela\_g\_beward@navsup.navy.mil.*

**Note:** We only publish outstanding personnel recognitions  
for the previous two quarters.



***Happy Spring!***

